



March 2006

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## **Quinn Farm Dog Park Grand Opening**

**When: Saturday, March 18, 2006 at 11 a.m.**

**Where: Quinn Farm Park, 15150 Old Lee Road, Centreville, VA**

Dogs and dog lovers of all ages are invited to join us for the ribbon cutting ceremonies for Centreville's new off-leash dog area. The dog park is sponsored by Centreville Dogs which will operate the facility. The park was made possible through the fundraising efforts of Centreville Dogs and a matching Mastenbrook grant. The Park Authority built the facility and owns the park. The park will be open 7 days a week during daylight hours and features a large dog area of almost an acre and a half and a small dog area of one sixth acre.

## **Annual Congressional 'Academy Day' Set For March 25th**

Representative Frank Wolf, along with the other members of the Virginia congressional delegation, will sponsor the 19<sup>th</sup> annual "Academy Day" on Saturday, March 25, for students interested in attending one of the nation's service academies.

The program will be from 10 a.m. to 1 p.m. in Reasoner Hall on Quantico Marine Corps Base in Prince William County. Registration begins at 9:30 a.m.

Representatives from the Naval Academy, the United States Military Academy, the Air Force Academy, the Merchant Marine Academy and the Coast Guard will be on hand to explain the admission process and answer questions. Information on ROTC programs also will be available.

"Academy Day gives students throughout the region the opportunity to find out more about the application process to some of the nation's top educational institutions," Wolf said. "I am pleased we are carrying on this fine tradition."

For more information regarding Academy Day, or directions to Quantico, contact Suzanne Grimsley in Wolf's office at (703) 709-5800 or 1-800-945-9653.

### **Delegate Chuck Caputo's Town Hall Meeting**

Delegate Chuck Caputo will be hosting his third town hall meeting on Saturday, March 25 from 10 a.m to noon at South Riding Town Hall, 43055 Center Street in South Riding. State Senator Mark Herring will be Delegate Caputo's guest. Both Delegate Caputo and Senator Herring will report on the Legislative Session due to end March 11. Any questions may be directed to Lu Ann Maciulla McNabb, Legislative Assistant, at LA@delegatecaputo.com or at 703-476-6944.

### **Help for Seniors and Sandwiches**

It has become common for media commentators to label each generation with a catchy name. We have young Seniors, older Seniors and now the stressed-out Sandwich Generation -- those who are caught between caring for older relatives and their own children at the same time. Help for dealing with the many problems that face both Seniors and their younger caregivers is readily available in Fairfax County.

Fairfax County's Area Agency on Aging is one of the main sources of information. One phone call to 703-324-5411 can direct you to a range of services that includes information and assistance; insurance counseling; workshops for Seniors and Caregivers; home delivered meals; Golden Gazette Newspaper; volunteer placement; visiting and telephone programs; Long-Term Care Ombudsman; Employment training (age 55+); volunteer in-home services; assisted transportation; ElderLink Case Management and much, much more.

Fairfax Area Agency on Aging can also be reached on the web at [www.fairfaxcounty.gov/service/aaa/homepage.html](http://www.fairfaxcounty.gov/service/aaa/homepage.html). Another helpful web site is [www.SeniorNavigator.org](http://www.SeniorNavigator.org).

Though you may not need these services now, the key word is preparedness. Knowing where to go to find help when the need arises is critical. Call to 703-324-5411 and request a free subscription to the **Golden Gazette**, a monthly publication dedicated to serving persons age 60. It is a great way to find where to go for assistance and information.



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